



H-PLUS Function Exercise: SPEAK UP (P)

Function Command: PLUS-SPEAK UP

Purpose:

This is your H-PLUS Function exercise to learn to speak and read strongly and effectively to others.

Application:

To reduce, and ultimately to overcome completely, anxieties and fears related to talking before groups of people. Increased ability to vocalize thoughts and create audience empathy; improved voice quality and expression and assured confidence are included. Use immediately prior to speech-making.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SPEAK UP** can be used with the H-PLUS Function exercises **RELAX**, **ATTENTION**, **RECALL** and **LET GO**.

Examples – If you're nervous before talking to a group of strangers, try **RELAX** to ease the tension, focus on your topic with **ATTENTION** and do **PLUS-SPEAK UP** before you step to the podium. If you have an oral examination, use **RECALL** to remember the material and **SPEAK UP** for a calm, clear delivery. If a real or imagined slight has your feelings in knots, calm down with **LET GO** and use **SPEAK UP** when you're prepared to express your viewpoint.

Please Note:

- You may observe that you can stand before an audience and express yourself clearly and easily (no dry mouth or sweaty palms).
- It may be easier to discuss issues calmly and confidently in personal relationships.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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